

March 10, 2024

# Northcrest News

Northcrest Community  
Over 58 years of service to older  
adults in the Greater Ames Community



## The Week at a Glance!

### Sunday, March 10

#### Daylight Savings Time Begins!

- 2:00 Hymn Sing, AL



### Monday, March 11

- No Chair Yoga Today
- 10:00 Bus to Fareway shopping
- 2:00 NC Stitches Meeting, GR

### Tuesday, March 12

- 9:30 Tuesday Coffee, GR, Hosts: Parkway 2

### Wednesday, March 13

- 10:00 Blood Pressure Clinic
- 10:30 Bus to ALDI or Hy-Vee
- 11:30 Bus to Stomping Grounds & Tour of Gallery in the Round at Unitarian Fellowship
- 5:30 Bus to Class on Dementia, Library

### Thursday, March 14 Pi Day!

- 1:00 Irish Fiddle Music, Dave Swenson, GR  
Yes, there will be Pie!
- 3:15 Dave Swenson, More Music, AL

### Friday, March 15

- 8:30-10:30 1st National Bank, Founders'
- 10:00 Bus to Walmart & North Fareway
- 10:30 Friday Chat: Jessica Butters, Prairie Rivers of IA, on Pollinator Conservation, GR
- 4:00 Robert Thomas Irish Dancers, GR

### Saturday, March 16

- Did you know that the Ides of March was yesterday, March 15? (Time to pay taxes in Ancient Rome!)



## Health & Wellness

**Podiatry:** Contact Kathy at ext. 7220 for information.



### Hearing Aid maintenance:

March 5: 1st Tuesday of every month, 1:30pm

**Massage Therapy:** Darlene, 515-708-1556

### Wellness Program News by Adrienne

NO Chair Yoga on Mon, March 11

Wii Bowling, 1:00 pm: March 8 & 22



**March 25, 9:30 am: Mindfulness Workshop**  
led by James Kellerman, GR

**Walking Challenge: March 4—April 5**

Get your steps in!!



## Sunday Lunch

March 10, 12:30 p.m.

Pot Roast  
Mashed Potatoes & Gravy  
Sunshine Carrots  
Fresh Fruit  
Cherry Cake





### Birthday Wishes

- March 10: Jay-Lin Jane Topel
- March 12: Herb Wright
- March 16: Coleen McClanahan

### Tuesday Coffees



Tuesdays at 9:30 am, GR. Remember to bring your own mug and wear your name tag! Hosts for March 12 Coffee will be **Parkway, Floor 2**. Available in-person, via Zoom and Livestream (116-5 or 995).

### Friday Chats, 10:30 am, GR

- **March 8:** Andy Bartlett, DNR, Ledges Park Manager.
- **March 15:** Jessica Butters, Prairie Rivers of IA, on Pollinator Conservation

### NC's "Through Our Eyes" display

As you visit the Public Library the next time, be sure to notice the photo display that you, our Northcrest photographers, created last year. It will be hung in the entrance foyer of the Library starting March 1!

### CALLING ALL ARTISTS

The Northcrest Art Committee is initiating a new project for anyone interested in the visual arts. The scope of the project includes setting up varied medium art workshops taught by resident teachers, and the production of artwork on 8"x8" canvases. At this time the Committee is seeking any resident to teach at least one workshop that will produce art in the 8x8 format. Any art medium that could be directly on or mounted on these canvases would work. If you want to share your artistic talent, please contact Carolyn Abbott or Mary Jo Winder of the Art Committee.

### Congratulations Carolyn!

Our own Carolyn Abbott was awarded "Best of Show" award at the Octagon All Media Art Show! So happy for you!

## SPECIAL NOTICES

### March is the Month of the Woman

Check out the lovely apron display in the Grand Room, on loan from the Slater Museum. Let's carry the Month of the Woman into the hallway display case. Let Ronnie know if you have interesting items showing "women's work" such as sewing kits, kitchen ware, or other interesting items.

### Special Movie Showing in Nevada

The Camelot Theater in Nevada is showing classics with a special invitation to retirees. Let's go see *Easter Parade* with Fred Astaire and Judy Garland. We can add lunch at Gatherings to make it a day! \$10 includes bus and movie. Popcorn and lunch are separate. Tue, March 26, Bus at Noon, home by 5.



### SURVEY: Email your Interests



### Des Moines Performing Arts

Great Shows coming to the Des Moines Civic Center this summer. Prices will vary. Please let me know your interest in these:

- *M.J.* (Michael Jackson), May 4 or 5, matinee.
- *Moulin Rouge*, August 24, 25, 31, or Sept 1, matinee.

### Past NC Board Member & Friend

Dean Sampson, former Northcrest, Inc, Board Member and community friend has passed away. Service is Sat, March 9, 2:00 pm, 1st Methodist Church.

## The CREST

**Tuesday—Friday**

**12-2:00pm and 4:30-7:00pm**



**Open Saturday 9:30 am –1:00 pm**

9:30-11: Muffins, Mini Cinnamon Rolls,  
Coffee, Hot Tea

11:00-1:00: Limited Lunch Menu

**Soup of the Week: Chicken & Wild Rice**  
**Special for the Week: Fuji Apple Salad**  
**with Grilled Chicken & Apple Vinaigrette**

## ENTERTAINMENT

### Stephens Performances

Transportation to these events has been requested. Sign up if you agree!

- Swan Lake, Thu, Mar 21, Bus, 6:30 pm
- Chanticleer, Fri, April 5, Bus at 7:00 pm
- ABBA Mania, Sat, April 6, Bus at 7:00 pm
- **Just Added! Golden Girls**, Wed, May 1, Bus at 7:00 pm

Tickets can be purchased on-line, or in advance at the Box Office. Ronnie can help you, with the personal shopping fee added.

### Town & Gown

The New Century Saxophone Quartet will perform at MET, \$35 tickets available at the door. Sat, March 23, Bus at 7:00 pm.

### Shopping on South Duff Ave.

By request: Bus at 12:30 with an optional stop at Jethro's for lunch, or continue on to Duff Plaza or Target to shop. Time length to be agreed by shoppers and driver.

Mon, March 18, Bus at 12:30 pm.



### ISU Tea Room

Glazed ham loaf, green beans, potato casserole and coconut cake at the Joan Bice Underwood Tea Room. \$9 on your monthly bill. Wed, March 20, Bus at 11:15 am.

### Lunch & Gallery in the Round Tour

2 Stops: Stomping Grounds for lunch; then on to the Unitarian Universalist Fellowship at 1:30 to view the art collage exhibit by Kathy Svec. Wed, March 13, Bus at 11:30.

### Lynn Cheney Lecture at Drake

Liz Cheney, attorney, former U.S. Representative and Middle East policy expert, will deliver the 45th installment of the Martin Bucksbaum Distinguished Lecture Series on **Wed, March 27**, in the Knapp Center on Drake's campus. Her book, *Oath & Honor*, was published in 2023. This is a free lecture, with reserved seating on the Main Floor. \$10 bus fee on your monthly bill. The lecture is 7-8:30 pm.

Wed, March 27, Bus at 5:45 pm.

### Irish Music and Dance



Get in the spirit of St. Patrick's Day with fiddle music by Dave Swenson on Thu, March 14, 1:00 pm, and the Robert Thomas Irish Dancers on Fri, March 15, 4:00 pm! GR

### Ames History Lecture

Iowa's Ethnic Heritage, or "Who Do You Think We Are?". Explore Iowa's long immigration history. Public Library, Wed, March 27, Bus at 6:30 pm.



### A Day with James Kellerman

Multi instrumentalist and composer James Kellerman (saxophone, clarinet, flute and vocals) will be coming to Northcrest for 3 programs of music & wellness on March 25th. A traveling one-man band based in Minneapolis, James is also a RYT200 yoga teacher, NBC-HWC Health Wellness coach and workshop leader. This will be the second visit to the Northcrest Community for James.

- **9:30 am: Mindfulness Workshop**
- **2:30 Music program, Health Center**
- **6:30 Music & Social Hour, Grand Rm.**

### ACTORS The Farnsworth Invention

Tickets available now. Buses will go on

- Fri, April 5, 7:00 pm
- Sun, April 14, 1:30 pm.

ACTORS

### Mystery Tour

#### last week:

Cute foals at the ISU Horse Barns as well as puppies and kittens at the



Ames Animal Shelter! Great tour guides, Adrienne & husband Mitch at the Shelter!!



**Pick-up times for Regular Daily Meals at the 2300 Front Desk:**

**Lunch, Monday- Saturday: Sign up by 10:00am**

**Dinner, Monday & Saturday: Sign up by 2:30pm**

**Lunch is ready for Pick Up at 2300 entry at 12:00 pm**

**Sunday Lunch: Sign up by 6:30 pm Saturday.**

**Lunch is ready for pick up at 2300 entry at 12:30 pm**

**Need the Kitchen? New Extension**

After calling 232-6760, please dial **Extension #7212** or choose **option 4**.

**Sunday, March 10**

**Lunch:** Pot Roast, Mashed Potatoes & Gravy, Sunshine Carrots, Fresh Fruit, Cherry Cake

**Monday, March 11**

**Lunch:** Sweet & Sour Chicken over Rice, Stir Fried Vegetables, Egg Roll, Mandarin Oranges, Frosted Sugar Cookie

**Dinner:** Lemon Pepper Tilapia with Ditalini, Key West Blend Vegetables, Fresh Fruit, Fruit Pie

**Tuesday, March 12**

The Crest Is Open Noon-2:00pm & 4:30pm-7:00pm

**Lunch:** Cheeseburger with Lettuce, Tomato & Onion, French Fries, Pickle Slices, Watermelon, Peanut Butter Mousse

**Wednesday, March 13**

The Crest Is Open Noon-2:00pm & 4:30pm-7:00pm

**Lunch:** Ham & Cheese Quiche, Honey Oat Muffin, Strawberries, Cottage Cheese, Blondie

**Thursday, March 14**

The Crest Is Open Noon-2:00pm & 4:30pm-7:00pm

**Lunch:** Reuben, Fresh Cut Vegetable Salad, Pickle Spear, Cantaloupe & Blueberries, Sherbet

**Friday, March 15**

The Crest Is Open Noon-2:00pm & 4:30pm-7:00pm

**Lunch:** Fish Tacos, Black Bean & Corn Salsa, Grapes, Oreo Parfait

**Saturday, March 16**

The Crest is Open 9:30am-11:00am Mini Cinnamon Rolls, Muffins, Hot Tea & Coffee-11:00am-1:00pm Lunch

**Lunch:** Pulled Pork Sandwich, Potato Salad, Apple Slices, Cucumber & Onion Salad, Chocolate Chip Cookie Bar